



NEWS RELEASE

For Immediate Release:

Aug. 31, 2015

For More Information, Contact:

BriAnna Wanner, RD, LRD
Division of Nutrition and Physical Activity
Phone: 701.328.4529
E-mail: bnwanner@nd.gov

Sanford Bismarck is ND's First Designated Breastfeeding-Friendly Hospital

BISMARCK, N.D. – Sanford Health- Bismarck is the first hospital in North Dakota to become a “North Dakota Breastfeeding-Friendly Hospital,” according to the North Dakota Department of Health. Sanford received the designation on August 27, 2015, along with a certificate and breastfeeding materials to help support breastfeeding mothers and babies.

The North Dakota Breastfeeding-Friendly Hospital designation was established to develop best practices to help mothers who choose to breastfeed get off to the right start with their newborns. The practices are based on research regarding breast feeding. BriAnna Wanner, Breastfeeding Specialist from the Division of Nutrition and Physical Activity says, “Sanford Health Bismarck has gone above and beyond the expectations to meet the standards for this designation. They are taking all of the right steps to do what is best for moms and their babies at their hospital.”

Sanford met the following criteria to become certified:

- Train all health care staff in skills necessary to implement breastfeeding policies
- Inform all pregnant women about the benefits and management of breastfeeding
- Help mothers initiate breastfeeding within one hour of birth
- Show mothers how to breastfeed and how to maintain lactation
- Give infants no food or drink other than breast milk, unless medically indicated

The award is particularly fitting because August is National Breastfeeding Month. “Moms need support in all areas of life. The care a mother and baby receive in the first few days of life are the most telling in predicting duration and exclusivity with regard to breastfeeding,” says Wanner.

For more information about the North Dakota Breastfeeding-Friendly Hospital designation, contact BriAnna Wanner, North Dakota Department of Health, at 701.328.4529.

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